

**Arlington Place at Oelwein
Assisted Living Menu**

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch: Italian Ragu Garlic Bread Side Salad Supper: Beef Stew Cornbread Coleslaw	2 Lunch: Barbecue Rib Patty Baked Potato Macaroni & Cheese Supper: Seasoned Fish Roasted Potatoes Peas	3 Lunch: Chicken Alfredo Breadsticks Side Salad Supper: Creamy Turkey On Biscuits Carrots	4 Lunch: Cheeseburgers Tater Tots Corn Supper: Chicken Tortellini Soup Deli Sandwich Side Salad	5 Lunch: Maidrite Sliders Cheddar Potatoes Baked Beans Supper: Meatloaf Mashed Potatoes Seasoned Vegetables
6 Lunch: Roast Beef Mashed Potatoes & Gravy Green Beans Supper: Baked Fish Party Potatoes Carrots	7 Lunch: Chicken & Broccoli Casserole Biscuit Fruit Supper: Barbecue Pork Chops Fried Potatoes Green Beans	8 Lunch: Chicken & Dumplings Cooked Carrots Fruit Supper: Patty Melt French Fries Pea Salad	9 Lunch: Ham Steak Mashed Potatoes & Gravy Butter Beets Supper: Meatball Casserole Garlic Bread Side Salad	10 Lunch: Pizza Breadsticks Side Salad Supper: Pulled Pork Sliders Chips Sweet Pepper Slaw	11 Lunch: Chicken Fingers Potato Salad Fruit Supper: Goulash Dinner Roll Side Salad	12 Lunch: BLT Tater Tots Cottage Cheese Supper: Scrambled Eggs Sausage/ Bacon Toast
13 Lunch: Open Face Roast Beef Mashed Potatoes Roasted Vegetables Supper: Grilled Chicken Wrap Chips Side Salad	14 Flag Day Lunch: Shepherds Pie Side Salad Fruit Supper: Hot Ham & Cheese Sliders Potato Wedges Side Salad	15 Lunch: Barbecue Chicken Mashed Potatoes Asparagus Supper: Pork Roast Roasted Potatoes Carrots	16 Lunch: Spaghetti Garlic Bread Steamed Broccoli Supper: Chicken Pot Pie Side Salad Fruit	17 Lunch: Chicken Salad Croissant French Fries Coleslaw Supper: Meatloaf Baked Potatoes Cottage Cheese	18 Lunch: Corn dog Onion Rings Cottage Cheese Supper: Homemade Chili Grilled Cheese Side Salad	19 Juneteenth Lunch: Creamy Tuna & Noodles Mixed Vegetables Bread & Butter Supper: Sausage Potato Bake Side Salad Fruit
20 Father's Day Lunch: Grilled Brats Potato Salad Fresh Fruit Supper: Hamballs Sweet Potatoes Macaroni Salad	21 Lunch: Baked Fish Potato Wedges Creamy Pea Salad Supper: Barbecue Pork Pizza Side Salad Fruit	22 Lunch: Rubeen Sandwich Chips Broccoli & Walnut Salad Supper: Chicken Noodle Soup Deli Sandwich Coleslaw	23 Lunch: Beef Stoganoff Dinner Roll Broccoli & Cheese Supper: Meatloaf Mashed Potatoes & Gravy Peas	24 Lunch: Beef Ravioli Garlic Bread Side Salad Supper: Turkey Club Sandwich Macaroni Salad Baked Beans	25 Lunch: Country Fried Steak Mashed Potatoes & Gravy Roasted Brussel Sprouts Supper: Beef Stew Bread & Butter Cottage Cheese	26 Lunch: Chicken Bacon Ranch Slider Cauliflower with Cheese Fruit Supper: Barbecue Pulled Pork Potato Wedges Corn
27 Lunch: Chicken Wings Curly Fries Creamy Cucumber Salad Supper: Sausage Gravy on a Biscuit Fresh Fruit	28 Lunch: Hamburgers Chips Abrosia Fruit Salad Supper: Ham & Bean Soup Dinner Roll Side Salad	29 Lunch: TAKE OUT TUESDAY Supper: Tenderloin Mashed Potatoes Creamed Corn	30 Lunch: Fried Chicken Mashed Potatoes & Gravy Corn Supper: Cream Cheese Chicken Soup Bread & Butter Side Salad			